

Company	Avoids Using Costly Insurance	Membership Dues	Cost per Doctor Visit	Mental Health	Continuous Longitudinal Care
EqualityMD	YES	\$79/month	<u>24 FREE Visits/yr</u> 12 primary care 12 urgent care	12 FREE sessions/yr	YES
Sesame Care	YES	\$11/month	\$25-\$120 per visit	\$79-\$352 per session	LIMITED
BetterHelp	YES	\$260-\$400 per month	N/A	\$0	LIMITED
Teladoc	NO	N/A	\$89 per visit	\$119-\$299 per session	LIMITED
PlushCare	NO	\$20/month	\$99-\$129 per visit	\$99-\$129 per session	YES
MeMD	NO	N/A	\$129 per visit	\$129-\$229 per session	YES
HealthTap	NO	\$19/month	\$59-\$129 per visit	N/A	LIMITED
Amwell	NO	N/A	\$79-\$99 per visit	\$99-\$279 per session	LIMITED
MDLive	NO	N/A	\$85 per visit	\$108-\$284 per session	YES
Doctors on Demand	NO	N/A	\$99 per visit	\$134-\$299 per session	YES
LiveHealth Online	NO	N/A	\$55 per visit	\$85-\$185 per session	YES
FOLX & Plume	FOLX: NO Plume: NO	FOLX: \$40 Plume: \$32-\$99	FOLX: \$79-\$159 Plume: \$99	FOLX: \$79-\$159 Plume: \$99	FOLX: YES Plume: YES